



Grilled Sea Bass with Tropical Salsa



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



316 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.8 cup mangos pitted peeled
- ☐ 0.7 cup bell pepper red
- ☐ 0.3 cup cucumber english seeded
- ☐ 3 tablespoons cilantro leaves fresh minced
- ☐ 2 tablespoons mint leaves fresh minced
- ☐ 2 tablespoons jalapeno minced seeded
- ☐ 2 tablespoons juice of lime fresh
- ☐ 6 servings olive oil

- ☐ 0.3 cup onion red
- ☐ 36 ounce sea bass fillets
- ☐ 0.5 cup tomatoes seeded

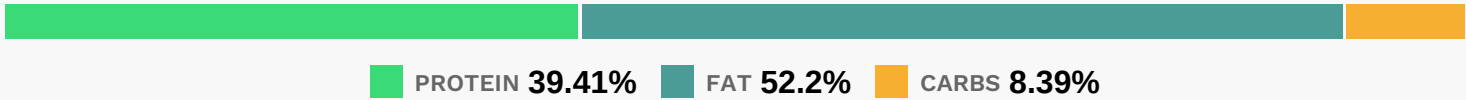
Equipment

- ☐ bowl
- ☐ grill

Directions

- ☐ Combine first 10 ingredients in medium bowl; toss to blend. Season salsa with salt. Chill to blend flavors, at least 1 hour and up to 4 hours, tossing occasionally.
- ☐ Prepare barbecue (medium-high heat).
- ☐ Brush fish with oil; sprinkle with salt and pepper. Grill until just opaque in center, about 5 minutes per side.
- ☐ Transfer to plates. Top with salsa and serve.

Nutrition Facts



Properties

Glycemic Index:37.96, Glycemic Load:2.02, Inflammation Score:-8, Nutrition Score:21.408260936322%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg, Isorhamnetin: 0.45mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg, Quercetin: 2.3mg

Nutrients (% of daily need)

Calories: 316.02kcal (15.8%), Fat: 18.18g (27.96%), Saturated Fat: 2.84g (17.75%), Carbohydrates: 6.57g (2.19%), Net Carbohydrates: 5.24g (1.9%), Sugar: 4.62g (5.13%), Cholesterol: 136.08mg (45.36%), Sodium: 120.5mg (5.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.88g (61.75%), Vitamin B12: 6.5µg (108.3%), Selenium: 62.3µg (89.01%), Vitamin C: 39.31mg (47.65%), Phosphorus: 354.41mg (35.44%), Vitamin B6: 0.63mg (31.63%), Vitamin A: 1144.23IU (22.88%), Vitamin B3: 4.06mg (20.3%), Magnesium: 77.76mg (19.44%), Vitamin E: 2.73mg (18.19%), Potassium: 586.4mg (16.75%), Vitamin B5: 1.44mg (14.37%), Vitamin B1: 0.2mg (13.37%), Vitamin K: 13.23µg (12.6%), Folate: 40.25µg (10.06%), Iron: 1.79mg (9.92%), Manganese: 0.11mg (5.71%), Zinc: 0.82mg (5.46%), Fiber: 1.33g (5.31%), Vitamin B2: 0.09mg (5.21%), Copper: 0.1mg (5.2%), Calcium: 38.89mg (3.89%)